

[Click here to view this email in your browser.](#)

# The Spin



Colorado Safe Routes to School State Network

Volume 4, Issue 2

## We ♥ Walking & Biking

Despite Punxsutawney Phil's prediction of six more weeks of winter, we hope you are enjoying the many facets of a Colorado February and starting to plan for Bike to School Day on May 6 (more on that and a registration link below).

### **February's Safe Routes to School Question: Are there any classroom-based resources that teach children how to walk and bike to school safely?**

The National Center for Safe Routes to School maintains a walking and bicycling safety [curricula page](#) on its website. The page includes links to curricula from the National Highway Traffic Safety Administration, the Active Transportation Alliance and various states and municipalities. Additionally, the Safe Routes to School National Partnership has [a list of books that promote walking and biking](#) and many include elements of safety.

Keep in mind that the ability to walk and bicycle safely is an important life skill. Any program that encourages walking and bicycling should incorporate safety education, supervised practice time and repeated reinforcement of key safety messages.

## Cruisin' with CDOT

**Registration is Open for Bike to School Day 2015**

## In This Issue

### **Cruisin' with CDOT**

Registration is Open for Bike to School Day 2015

Denver Safe Routes to School Launches Facebook Page

### **National Crosswalk**

Mayors' Challenge Issued by U.S. Transportation Secretary

Active Kids Learn Better

Digital Bicycle and Pedestrian Motion Graphics from the National Highway and Traffic Safety Administration

### **Training Wheels & Webinars**

Biking and Communities of Color: Friend or Foe?

America Walks Advocacy Resources

[Subscribe to The Spin »](#)

It may only be February, but CDOT reminds you to start thinking about Bike to School Day, which will be held on Wednesday, May 6. Mark the date on your calendar and [register today](#). Eighty-six Colorado schools registered in 2014; we hope to see even more this year!

In addition to tracking the participation in walk and bike to school days, [www.walkbiketoschool.org](http://www.walkbiketoschool.org) has a number of resources to help you plan Bike to School Day events (biking from home, from a designated starting point or creating biking activities at school) and how to encourage families to walk and bike to school throughout the year. » [View the resources](#)



## Denver Safe Routes to School Launches Facebook Page

The Denver Safe Routes to School coalition has launched a Facebook page. Visit <https://www.facebook.com/denversrts> to like their page and start to receive regular updates.

## National Crosswalk

---

### Mayors' Challenge Issued by U.S. Transportation Secretary

At the U.S. Conference of Mayors Winter Meeting, U.S. Transportation Secretary Anthony Foxx issued a challenge to mayors and local elected officials to take significant action to improve safety for bicycle riders and pedestrians of all ages and abilities over the next year. The Mayors' Challenge participants will be invited to attend the Mayors' Summit for Safer People, Safer Streets in March 2015, and their cities will spend a year helping their communities undertake the following seven activities to improve safety: 1. Take a Complete Streets approach; 2. Identify and address barriers to make streets safe and convenient for all road users, including people of all ages and abilities and those using assistive mobility devices; 3. Gather and track biking and walking data; 4. Use designs that are appropriate to the context of the street and its uses; 5. Take advantage of opportunities to create and complete ped-bike networks through maintenance; 6. Improve walking and biking safety laws and regulations; and 7. Educate and enforce proper road use behavior by all. » [Learn more and join the challenge](#)

### Active Kids Learn Better

Children spend a large amount of time at school, giving schools a unique opportunity to help them become more healthy and active. Policies that support daily physical education and regular activity breaks during the school day can help increase physical activity, improve academic performance and improve classroom behavior among students.

A recently released research brief from Active Living Research provides an overview of the effects of physical activity on the developing brain and makes the case for integrating physical activity throughout the school day. » [View the entire research brief and learn more](#)

## Digital Bicycle and Pedestrian Motion Graphics from the National Highway and Traffic Safety Administration

NHTSA's new digital bicycle and pedestrian motion graphics rely solely on non-verbal

concepts, visual images and animation to teach people who speak different languages and/or may be hearing impaired, basic bicycle and pedestrian safety concepts. The available graphics include bicycle helmet fit, bicycle riding safety, walking safely and driving safely around pedestrians and cyclists and are ready for downloading for internet use. (The files are not broadcast quality.) » Access the [bicycle safety](#) or [pedestrian safety](#) graphics



## Training Wheels & Webinars

---

### Biking and Communities of Color: Friend or Foe?

**March 18, 11 a.m. (MST)** When advocating for improvements to community safety, health, physical activity and food access, there is one common solution—mobility. However, in many neighborhoods, the appearance of protected lanes is deemed the beginning of gentrification. Fortunately, there are bike advocates around the country who are producing results that show biking as a solution to community revitalization and not a trigger for displacement. Join the Safe Routes to School National Partnership for this webinar addressing these and other issues. » [Register](#)

### America Walks Advocacy Resources

America Walks provides a wealth of online resources for those looking to advocate for active transportation solutions. They include information about the public policy process and how to engage in it through partnerships, strategic communications, project planning and implementation. Though many of the resources target walking and creating walkable communities, the strategies are applicable for a wide range of active living uses and can be used by citizen advocates, local organizations and elected officials. » [Learn more](#)

The purpose of the **Colorado Safe Routes to School State Network** is to facilitate two-way information sharing and connecting among communities and organizations in order to lift up what is working, identify new opportunities and galvanize support for policy and culture change that will increase the number of students walking and biking safely to and from school in every Colorado community.

[LiveWell Colorado](#) serves as the lead facilitator for the Network. Other members of the Network's steering committee include: [Action for Healthy Kids](#), [Bicycle Colorado](#), [Colorado Department of Transportation \(CDOT\)](#), [Children's Hospital Colorado](#), [Kaiser Permanente](#), [Safe Routes to School National Partnership](#), and subject matter experts.

